

Full Report (All Nutrients) 01087, Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)

Report Date:December 09, 2015 17:59 EST

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.38

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error | 1 cup 246g | 1 quart 984g |
|--------------------------------|------|------------------|-------------|------------|------------|--------------|
| Proximates | | | | | | |
| Water | g | 89.36 | -- | -- | 219.83 | 879.30 |
| Energy | kcal | 41 | -- | -- | 101 | 403 |
| Energy | kJ | 170 | -- | -- | 418 | 1673 |
| Protein | g | 3.96 | 5 | 0.029 | 9.74 | 38.97 |
| Total lipid (fat) | g | 0.25 | 296 | 0.011 | 0.62 | 2.46 |
| Ash | g | 0.87 | -- | -- | 2.14 | 8.56 |
| Carbohydrate, by difference | g | 5.56 | -- | -- | 13.68 | 54.71 |
| Fiber, total dietary | g | 0.0 | -- | -- | 0.0 | 0.0 |
| Minerals | | | | | | |
| Calcium, Ca | mg | 143 | -- | -- | 352 | 1407 |
| Iron, Fe | mg | 0.06 | -- | -- | 0.15 | 0.59 |
| Magnesium, Mg | mg | 16 | -- | -- | 39 | 157 |
| Phosphorus, P | mg | 112 | -- | -- | 276 | 1102 |
| Potassium, K | mg | 182 | -- | -- | 448 | 1791 |
| Sodium, Na | mg | 59 | -- | -- | 145 | 581 |
| Zinc, Zn | mg | 0.45 | -- | -- | 1.11 | 4.43 |
| Copper, Cu | mg | 0.011 | -- | -- | 0.027 | 0.108 |
| Manganese, Mn | mg | 0.002 | -- | -- | 0.005 | 0.020 |
| Selenium, Se | µg | 2.4 | -- | -- | 5.9 | 23.6 |
| Vitamins | | | | | | |
| Vitamin C, total ascorbic acid | mg | 1.1 | -- | -- | 2.7 | 10.8 |
| Thiamin | mg | 0.045 | -- | -- | 0.111 | 0.443 |
| Riboflavin | mg | 0.194 | -- | -- | 0.477 | 1.909 |

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|------------------------------------|------|------------------|-------------|------------|------------|--------------|
| Niacin | mg | 0.101 | -- | -- | 0.248 | 0.994 |
| Pantothenic acid | mg | 0.376 | -- | -- | 0.925 | 3.700 |
| Vitamin B-6 | mg | 0.050 | -- | -- | 0.123 | 0.492 |
| Folate, total | µg | 6 | -- | -- | 15 | 59 |
| Folic acid | µg | 0 | -- | -- | 0 | 0 |
| Folate, food | µg | 6 | -- | -- | 15 | 59 |
| Folate, DFE | µg | 6 | -- | -- | 15 | 59 |
| Vitamin B-12 | µg | 0.43 | -- | -- | 1.06 | 4.23 |
| Vitamin A, RAE | µg | 61 | -- | -- | 150 | 600 |
| Retinol | µg | 61 | -- | -- | 150 | 600 |
| Vitamin A, IU | IU | 203 | -- | -- | 499 | 1998 |
| Vitamin D (D2 + D3) | µg | 1.0 | -- | -- | 2.5 | 9.8 |
| Vitamin D | IU | 40 | -- | -- | 98 | 394 |
| Lipids | | | | | | |
| Fatty acids, total saturated | g | 0.162 | -- | -- | 0.399 | 1.594 |
| 4:0 | g | 0.013 | 8 | 0.001 | 0.032 | 0.128 |
| 6:0 | g | 0.002 | 12 | 0.000 | 0.005 | 0.020 |
| 8:0 | g | 0.003 | 12 | 0.000 | 0.007 | 0.030 |
| 10:0 | g | 0.005 | 12 | 0.001 | 0.012 | 0.049 |
| 12:0 | g | 0.003 | 12 | 0.000 | 0.007 | 0.030 |
| 14:0 | g | 0.024 | 12 | 0.001 | 0.059 | 0.236 |
| 16:0 | g | 0.073 | 12 | 0.004 | 0.180 | 0.718 |
| 18:0 | g | 0.026 | 12 | 0.001 | 0.064 | 0.256 |
| Fatty acids, total monounsaturated | g | 0.065 | -- | -- | 0.160 | 0.640 |
| 16:1 undifferentiated | g | 0.009 | 12 | 0.001 | 0.022 | 0.089 |
| 18:1 undifferentiated | g | 0.053 | 12 | 0.003 | 0.130 | 0.522 |
| Fatty acids, total polyunsaturated | g | 0.009 | -- | -- | 0.022 | 0.089 |
| 18:2 undifferentiated | g | 0.006 | 12 | 0.000 | 0.015 | 0.059 |
| 18:3 undifferentiated | g | 0.003 | 11 | 0.000 | 0.007 | 0.030 |
| 20:4 undifferentiated | g | 0.000 | -- | -- | 0.000 | 0.000 |
| Cholesterol | mg | 2 | -- | -- | 5 | 20 |
| Amino Acids | | | | | | |
| Tryptophan | g | 0.056 | -- | -- | 0.138 | 0.551 |

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|---------------|------|---------------------|----------------|------------|---------------|-----------------|
| Threonine | g | 0.179 | -- | -- | 0.440 | 1.761 |
| Isoleucine | g | 0.240 | -- | -- | 0.590 | 2.362 |
| Leucine | g | 0.388 | -- | -- | 0.954 | 3.818 |
| Lysine | g | 0.314 | -- | -- | 0.772 | 3.090 |
| Methionine | g | 0.099 | -- | -- | 0.244 | 0.974 |
| Cystine | g | 0.037 | -- | -- | 0.091 | 0.364 |
| Phenylalanine | g | 0.191 | -- | -- | 0.470 | 1.879 |
| Tyrosine | g | 0.191 | -- | -- | 0.470 | 1.879 |
| Valine | g | 0.265 | -- | -- | 0.652 | 2.608 |
| Arginine | g | 0.143 | -- | -- | 0.352 | 1.407 |
| Histidine | g | 0.107 | -- | -- | 0.263 | 1.053 |
| Alanine | g | 0.137 | -- | -- | 0.337 | 1.348 |
| Aspartic acid | g | 0.300 | -- | -- | 0.738 | 2.952 |
| Glutamic acid | g | 0.829 | -- | -- | 2.039 | 8.157 |
| Glycine | g | 0.084 | -- | -- | 0.207 | 0.827 |
| Proline | g | 0.384 | -- | -- | 0.945 | 3.779 |
| Serine | g | 0.215 | -- | -- | 0.529 | 2.116 |